



LANDING YMCA GYMNASIUM SCHEDULE

Updated 5-16-24

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

OPEN GYM 5:30 - 8am	OPEN GYM 5:30 - 8am	OPEN GYM 5:30 - 8am	OPEN GYM 5:30 - 8am	OPEN GYM 5:30 - 8am	CLOSED		
PICKLEBALL 8 - 9:45am	PICKLEBALL 8 - 10am	PICKLEBALL 8 - 12pm	PICKLEBALL 8 - 12pm	PICKLEBALL 8 - 9:45am	PICKLEBALL 8 - 11am		
FOREVER FIT 10-11:00am	EXERCISE FOR PARKINSON'S 10 - 11am			FOREVER FIT 10-11am	THE BALANCE CLASS 11-11:30am	FAMILY OPEN GYM 11am -3pm	OPEN GYM 11 am -3pm
THE BALANCE CLASS 11-11:30am				OPEN GYM 11am - 1:30pm			
OPEN GYM 11:30am - 2:30pm	ROCK STEADY BOXING 1:30 - 2pm	GENTLE PICKLEBALL 12 - 1:30 PM <small>(Relaxed play with a focus on mobility and balance)</small>	OPEN GYM 12 - 1:30pm	ROCK STEADY BOXING 1:30 - 2pm			
PICKLEBALL 2:30 - 4:30pm	OPEN GYM 2 - 3:30pm	PICKLEBALL 2:30 - 4:30pm	PICKLEBALL 2-3:30PM	OPEN GYM 2 - 3:30pm			
	PICKLEBALL LESSONS 3:30-6:00PM			OPEN GYM 4:30-6:00PM	OPEN GYM 3:30 - 8PM	FAMILY OPEN GYM 3 - 5pm	
OPEN GYM 4:30 - 8pm		OPEN GYM 6:30 - 8PM	ADULT BASKETBALL LEAGUE 6:00-9:00PM				

Open gym times can be used for basketball, pickleball and more